



The Foundation  
Of Arts

**2021/2022**

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Class Schedule



foajonesboro.org  
870-935-2726

# STANDARDS OF CONDUCT

## THE ARTS CENTER LOBBY, STAGE TOO & PUBLIC PLACES

One of the focal points of our instruction is to encourage respect, good manners, & structure in our classrooms. We would ask that you partner with us in reinforcing these behaviors throughout our facility, both in & out of the classrooms.

- Treat all Foundation of Arts employees, students, & parents with respect.
- Remain quiet in the lobby & waiting areas.
- Keep cell phone ringers turned down & all cell phone conversations at a respectful volume for those around you.
- Keep children (students & siblings) quiet & occupied while waiting.
- Put all bags under the benches so that others may have a seat available to them.
- Keep children away from classroom doors & the stairwell leading up to the loft when classes are in session.
- Prevent your children from running in the facility.
- Throw away all trash before you leave.
- Take your children outside (weather permitting) if they become disruptive.
- Refrain from competitive and/or unkind conversations with other parents.
- Do not leave siblings unattended.

Families who are consistently observed by FOA staff disregarding these standards may not be allowed to enroll for classes in the future. (Implemented October 13, 2009).

*The Foundation of Arts reserves the right to cancel any class that does not meet the minimum enrollment requirements. We also reserve the right to close classes that are at their maximum capacity.*

SUPPORT FOR THE FOUNDATION OF ARTS IS PROVIDED, IN PART, BY THE ARKANSAS ARTS COUNCIL, AN AGENCY OF THE DEPARTMENT OF ARKANSAS HERITAGE, AND THE NATIONAL ENDOWMENT FOR THE ARTS.

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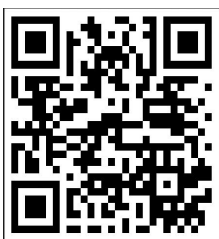
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## STAY CONNECTED.



THE CREW APP IS OUR VIRTUAL BULLETIN BOARD TO KEEP EVERYONE ON THE SAME PAGE. **IT IS A VITAL PART TO STAY INFORMED AT THE FOA.** IF YOU ARE NOT CONNECTED, PLEASE SCAN THE QR CODE OR SEE A STAFF MEMBER TO GET ADDED.



KEEP UP WITH US ON THE FOLLOWING SOCIAL MEDIA SPACES:



# LEVELS

## STEPPING STONES

AGES 3 & 4

Stepping Stones will focus on developing coordination, creative thinking, musicality, improvisation, and self-confidence. Limited French ballet vocabulary will be taught as will introductory stretching and body positions. Each class has a structured and energetic curriculum.

## PRE-DANCE/ THEATRE

AGES 5 & 6

Pre-Dance & Pre-Theatre students will focus on basic body, feet, and arm positions, musicality, creative thinking, and improvisation and coordination in this fun yet structured environment. Limited French ballet terms will be reviewed and expanded upon.

## BEGINNER

AGES 7 & UP

Beginner Level students will refine the skills while moving beyond the fundamentals. Students will focus on terminology, body positioning, more advanced turns and jumps, traveling combinations, musicality, and centre work. They will practice proper turn out and arm placement. They will learn new steps, rhythms, patterns, and combinations and focus greatly on technique.

## INTERMEDIATE

INSTRUCTOR PLACEMENT ONLY

Intermediate Level will focus on terminology, body positioning, more advanced turns and jumps, traveling combinations, musicality, and centre work. Students should have a keen sense of balance and be consistently dancing in turn out. Leg muscles should be moderately developed and ankles should be strong. Students will put the skills learned in previous levels and continue learning new steps, rhythms, patterns, and combinations.

# LEVELS

## ADVANCED

INSTRUCTOR PLACEMENT ONLY

Advanced Level students need several years of advanced ballet study before placement in this class. Advanced students will focus on precision in petite allegro, fluidity in grand allegro, proper turning skills and consistent use of the feet. Students must practice proper turn out and arm placement before entering this level. Students will continue to learn new steps, rhythms, patterns, and combinations.

## ART CLASSES

AGES VARY BY CLASS

Art students will focus on the needed techniques and styles for all types of art. Each class builds upon the previous, requiring a specific set of skills before advancing to the next level.

## ADULT/ YOUNG ADULT

AGES 12 & UP

Adult Level will learn the basics of tap, jazz, and ballet. This level requires no experience and is great for anyone looking for a slow paced, low impact way to stay in shape. Vocabulary, light conditioning and the basics of dance will be taught.

# 2021-2022 SCHEDULE

## STEPPING STONES

AGES 3 & 4

One 30-minute class per week.

**STEPPING STONES**

M, TU, W, or TH

4:00-4:25 PM

## PRE-DANCE/THEATRE

AGES 5 & 6

One 1-Hour class per week.

**PRE-DANCE**

M, TU, W, or TH

4:30-5:25 PM

## BEGINNER

AGES 7 & UP

Two 1-Hour classes per week.

YOGA	MONDAY	4:30-5:25 PM
BALLET	MONDAY	5:30-6:25 PM
COMPETITION DANCE	MONDAY	6:30-8:25 PM
BEG/INT THEATRE (AGES 7-11)	TUESDAY	4:30-5:25 PM
MUSICAL THEATRE (MTP)	TUESDAY	5:30-6:25 PM
BALLET	TUESDAY	5:30-6:25 PM
COMPETITION DANCE	TUESDAY	6:30-7:25 PM
COFFEE HOUSE	TUESDAY	6:30-7:25 PM
YOGA	WEDNESDAY	4:30-5:25 PM
TAP/JAZZ	WEDNESDAY	4:30-5:25 PM
BALLET	WEDNESDAY	5:30-6:25 PM
COMPETITION DANCE	WEDNESDAY	5:30-7:25 PM
BALLET	THURSDAY	5:30-6:25 PM
HIP HOP/PRAISE DANCE	THURSDAY	6:30-7:25 PM
COMPETITION DANCE	THURSDAY	6:30-8:25 PM

## INTERMEDIATE

INSTRUCTOR PLACEMENT ONLY

Dance (3),  
Theatre (2) classes per week.

YOGA	MONDAY	4:30-5:25 PM
BALLET	MONDAY	5:30-6:25 PM
COMPETITION DANCE	MONDAY	6:30-8:25 PM
PRE-POINTE	TUESDAY	4:30-5:25 PM
INT/ADV JAZZ	TUESDAY	4:30-5:25 PM
BEG/INT THEATRE (AGES 7-11)	TUESDAY	4:30-5:25 PM
INT/ADV BALLET	TUESDAY	5:30-6:25 PM
INT/ADV TAP	TUESDAY	5:30-6:25 PM
POINTE	TUESDAY	6:30-7:25 PM
MUSICAL THEATRE (MTP)	TUESDAY	6:30-7:25 PM
COMPETITION DANCE	TUESDAY	6:30-7:25 PM
COFFEE HOUSE	TUESDAY	6:30-7:25 PM
YOGA	WEDNESDAY	4:30-5:25 PM
COMPETITION DANCE	WEDNESDAY	5:30-7:25 PM
BALLET	THURSDAY	4:30-5:25 PM
INT/ADV TAP	THURSDAY	4:30-5:25 PM
HIP HOP/PRAISE DANCE	THURSDAY	6:30-7:25 PM
COMPETITION DANCE	THURSDAY	6:30-8:25 PM

# 2021-2022 SCHEDULE

## ADVANCED

INSTRUCTOR PLACEMENT ONLY

Dance (3),  
Theatre (2) classes  
per week.

YOGA	MONDAY	4:30-5:25 PM
BALLET	MONDAY	6:30-7:25 PM
COMPETITION DANCE	MONDAY	6:30-8:25 PM
PRE-POINTE	TUESDAY	4:30-5:25 PM
INT/ADV JAZZ	TUESDAY	4:30-5:25 PM
INT/ADV BALLET	TUESDAY	5:30-6:25 PM
INT/ADV TAP	TUESDAY	5:30-6:25 PM
POINTE	TUESDAY	6:30-7:25 PM
COMPETITION DANCE	TUESDAY	6:30-7:25 PM
COFFEE HOUSE	TUESDAY	6:30-7:25 PM
YOGA	WEDNESDAY	4:30-5:25 PM
COMPETITION DANCE	WEDNESDAY	5:30-7:25 PM
INT/ADV TAP	THURSDAY	4:30-5:25 PM
THEATRE LAB	THURSDAY	4:30-7:25 PM
BALLET	THURSDAY	5:30-6:25 PM
MUSICAL THEATRE (MTP)	THURSDAY	5:30-6:25 PM
HIP HOP/PRAISE DANCE	THURSDAY	6:30-7:25 PM
COMPETITION DANCE	THURSDAY	6:30-8:25 PM

## ART CLASSES

AGES VARY BY CLASS

Pay per class.

FUN ART (AGES 5 -9)	MONDAY	4:30-5:25 PM
DRAWING (AGES 10-15)	MONDAY	5:30-6:25 PM
ART OUTSIDE THE BOX (AGES 11 -14)	TUESDAY	4:30-5:25 PM
ART (AGES 6-10)	TUESDAY	5:30-6:25 PM
PAINTING WITH ADRIA (AGES 6 -10)	THURSDAY	4:30-5:25 PM
PAINTING WITH ADRIA (AGES 11 & UP)	THURSDAY	5:30-6:25 PM
PAINTING WITH ADRIA (ADULTS)	THURSDAY	6:30-7:25 PM

## ADULT/YOUNG ADULT

AGES 12 & UP

Pay per class.

YOGA	MONDAY	4:30-5:25 PM
VOCALS (AGES 12-17)	MONDAY	4:30-5:25 PM
YOGA	WEDNESDAY	4:30-5:25 PM
BALLET	THURSDAY	5:30-6:25 PM
TAP/JAZZ	THURSDAY	6:30-7:25 PM

## VIRTUAL CLASSES

BY LEVEL

Pay per class.

**DANCE INSTRUCTION - ONLINE COURSES & ZOOM**  
**\*\*\*ONCE PURCHASED, VIDEO LINKS MAY BE KEPT FOR REVIEW**  
**UNTIL THE END OF THE YEAR, THE THIRD CLASS IN EACH COURSE**  
**IS A ZOOM CLASS FOR INSTRUCTOR/STUDENT FEEDBACK.**

# KEY CLASS DESCRIPTIONS

- **Hip Hop and Praise Dance** will focus on hip hop and lyrical choreography designed for Christian worship music.

- **Pre-Pointe** is a class designed to prepare students for pointe work. It is not a technique class, but it will be required if the teacher deems the student is ready for pointe training. Intermediate students take this class unless otherwise directed.

- **Theatre Lab** goes deeper into musicality, dialogue and monologue timing, and more enhanced choreography. Advanced Musical Theatre Performance may be taken with a Dance or Art class to increase the student's cross-genre repertoire. Theatre Lab, for the most experienced students, requires individual responsibility, discipline, and self awareness in accessing the education provided. A list of goals to be achieved and evaluated in Theatre Lab will result in theatre experience and preparation for future college auditions, resumes, etc. Theatre Lab is the equivalent of two classes.

- **Adult Painting** is a review/introduction of the basics (line, shape, color, etc) and how to apply them to artwork. A deeper look at art history and techniques used, such as brush application and conceptual properties. Start each class with a technical lesson and the remaining time will be used to refine your artwork. Each "lesson/segment" may be done over the course of a couple of classes to give each student time to give their painting the attention it requires.

No specific theme requirements throughout the course, open to subject, but will go over the technical properties of portraiture, still life, and landscapes. Will be held as an "open-studio" for most of the course and students are encouraged to go at their own pace.

- **Coffee House**; prep and sing in the next FOA Coffee House event. This 6 week class provides the opportunity for you to sing for an audience in Stage, Too.

- **Vocals**; from a barberhouse quartet to eight part harmonies, this class focusses on blending with others and soloist techniques. Please note that this class is for students aged 12-17.



# TUITION INFORMATION

Level	Registration Fee	Number of Weekly Classes	Monthly Subscription
Stepping Stones	\$149 nonrefundable	1 30 minute class	\$65
Pre-Dance	\$149 nonrefundable	1 1 hour class	\$75
Beginning	\$149 nonrefundable	2 1 hour classes	\$140
Intermediate Theatre	\$149 nonrefundable	2 1 hour classes	\$145
Intermediate Dance	\$149 nonrefundable	3 1 hour classes	\$170
Advanced Theatre	\$149 nonrefundable	2 1 hour classes	\$150
Advanced Dance	\$149 nonrefundable	3 1 hour classes	\$190
Adult/Dabbler	\$149 nonrefundable	1 1 hour class	\$75
Art	\$149 nonrefundable	1 1 hour class	\$75
Extra Class	n/a	1 1 hour class	\$70

- A 10% discount is available when paying for the next 12 months
- A 10% discount for second sibling and 20% discount for any additional siblings
- **Tuition Assistance** is available. More information as well as the Tuition Waiver application can be found on our website, foajonesboro.org
- Members of the Competition Dance Team will incur an increased cost after regular tuition. More information can be found on page 11.
- Each student has 2 different opportunities to take a month off with 100% or 50% tuition waived. For more information or to take advantage of these options, please email morgan@foajonesboro.org

# IMPORTANT DATES

## Class Breaks:

October 4-8, November 22-26, December 20-31, February 7-11, March 21-25, May 23-June 3, June 27-July 8, August 1-12

## Performance Opportunities

*Please read carefully.*

**Stepping Stones** and **Pre-Dance** classes will perform pre-show for *The Nutcracker Ballet* (December 10-12 & 17-19) and *Swan Lake* (May 20-22). Rehearsals will be during regular class times except for immediately pre-performance.

**Hip Hop/Praise Dance** class will perform pre-show for *All Together Now* (November 13-15, rehearsals are during classes except for Tech Week) and *Willy Wonka, Jr.* (March 11-13, rehearsals are during class except for Tech Week)

**Beginning, Intermediate, and Advanced Ballet** students, who audition, will be cast in dancing roles in *The Nutcracker Ballet* (December 10-12 & 17-19, auditions and rehearsals are outside of regular class times) and *Swan Lake* (May 20-22 auditions are outside of regular class times and rehearsals are during and outside of regular class times)

\*Nutcracker Auditions are August 27th and 28th

The FOA production for **Beginning, Intermediate, Vocals, and Advanced Theatre, Tap, and Jazz** students will be *All Together Now* (November 13-15, auditions and rehearsals are during regular class times except for Tech Week)

\*Each of these classes will be assigned a number for *All Together Now*. Students should expect to attend Tech Week.

**Beginning, Intermediate, Vocals, and Advanced Theatre, Tap, and Jazz** students, who audition, will be cast in *Willy Wonka, Jr.* (March 11-13, auditions and rehearsals are outside of regular class times)

\***Advanced Theatre** students may also choose *A Funny Thing Happened on the Way to the Forum* (April 22-25, auditions and rehearsals are outside of regular classtimes) instead of *Willy Wonka, Jr.*

**FOA Coffee House** will perform September 28. Coffee House will be meeting the first 6 weeks of classes starting in August. Additional Coffee House classes will be scheduled on demand.

# COMPETITION INFO

- Competition Dance classes are scheduled for Mondays; 6:30-8:25, Tuesdays; 6:30-8:25, Wednesdays; 5:30-7:25 and Thursdays; 6:30-8:25.
- Each dancer will be assigned a Group Performance first, then some will be selected as soloists. Competition Groups will meet once per week, and Soloists will meet an additional time per week. Each dancer's schedule will be determined based on their placement and availability.
- There are a limited number of soloist spots on the team, and each soloist will be required to also dance in a group number. Greater emphasis will be placed on group numbers this year.
- Group numbers will be chosen by the judges and teachers based on auditions. They will be larger groups, trios, and duets.
- Soloists will be chosen based on skill level, showmanship, and coachability.
- Each dancer on the competition team is required to take at least one dance technique class.
- Each dancer is required to participate in a choreography weekend (August 14th, 9 am to 12 pm and August 15th, 2 pm to 5 pm) and a Brush-up/Showcase weekend in the early Spring (dates TBA with 2 months advanced notice) before competitions begin.
- The monthly fee (can also be paid in full up front) includes classes, the two weekend workshops, choreography fees, music fees, travel for coaches, and administrative fees. It is the price of regular tuition plus \$650 for your dancers level. This can be paid out monthly.
- Outside of the monthly fee, families will pay for costumes, competition registration fees, and travel (hotel, gas, and food for the dancer and family chaperone).
- Audition and class attire is nude tights, black leotard, hair in a ponytail or ballet bun.
- There will be 3 competitions planned for Spring, 2022. We do not know the dates yet, but as soon as we do, we will let you know and begin taking registration fees.
- FOA expectations for students apply to competition dancers as well.

# DRESS CODE

## **ATTIRE FOR ART CLASSES**

Comfortable, older clothing is preferred. Students will be painting, sculpting, and more.

## **ATTIRE FOR THEATRE CLASSES**

Comfortable and moveable clothes. No open toed shoes please. Shorts or pants, t-shirt, and tennis shoes are preferable.

## **ATTIRE FOR DANCE CLASSES**

### *Ballet:*

Girls: solid color leotard, pink tights, pink leather or canvas ballet shoes, hair in a tight BUN . A ponytail or messy bun and fly-aways will not be allowed. (all levels)

Boys: White t-shirt or tank top and black jazz pants. Black leather ballet shoes are required.

### *Tap, Jazz:*

Girls: Black Jazz pants or tights and form fitting shirt or leotard and Tap and/or Jazz shoes. Hair in a ponytail and out of the face.

Boys: a t-shirt or tank top and black jazz pants or sweat pants. Black Tap or Jazz shoes.

Shoes & attire can be purchased in the Arts Center Dance Closet.

# GENERAL BALLET Q&A

## **Q: What should be in my child's dance bag?**

A: Every ballerina should be properly prepared for class. Keeping the following items in her dance bag will help ensure she is always prepared: pink ballet shoes, pink tights, a solid color leotard, a skirt if desired, bobby pins and a rubber band, a brush, and hairspray for flyaways. Always remember to pack a water bottle!

## **Q: What is your policy on in-class injuries?**

A: Instructors are trained to let parents know ASAP of injuries that occur in class. If a student sits out multiple weeks in a row with the same injury, we will ask parents for a doctor's note. If a doctor's note is unavailable, we may request a meeting with the parents to ensure we are providing for a student's needs in the best way possible.

## **Q: If I'm transferring from a different studio, should I register for the same level I took at my previous studio?**

A: Not necessarily. The nature of any dance studio is that we each adopt our own parameters for defining how we levelize our students. Speak to the staff member assisting you with registration. They will be able to guide you on what level to begin in. Often transferring students are switched to a different level based on their performance the first few weeks of class. Once again, this is not a demotion or promotion; rather we are finding the right placement for students to learn and thrive based on our unique levels.

## **Q: How do I do a dance bun????**

A: Every ballerina should have her hair pulled away from her face and secured in a bun. First make a ponytail, and then it can be wrapped around and secured with bobby pins to form a bun. To further secure the bun, a hairnet can be used around the bun to control any pieces of hair that have escaped. Bobby pins and hairspray can be used to secure flyaways. YouTube also has many great bun tutorials. Still unsure? Ask your child's ballet teacher for her favorite tips and tricks.

## **Q: How long will my dancer stay in each level?**

A: There's no set amount of time, but students can expect to spend several semesters in each level. This gives your dancer time to master skills needed for next level.

## **Why we are pro-"cross genre"**

We value a well-rounded education in the arts. Exposure to multiple genres opens a student's eyes to how much the arts have in common and has proven to enable students to learn more about the genre in which they choose to emphasize.

# EN POINTE Q&A

## **Q: Which ballet levels are required to take Pointe/Pre-Pointe?**

A: None of our dances are required to take Pointe/Pre-Pointe classes. However, if a student desires to develop their skills in that way, Pre-Pointe classes can be taken by Intermediate or Advanced students. Our instructors will monitor and evaluate our Pre-Pointe students to see who is ready to advance to Pointe classes. Obviously, all students who are en pointe will be enrolled in a Pointe class.

## **Q: Who decides whether I am ready to wear pointe shoes?**

A: In total, two instructors must give the all clear that a ballerina is ready for pointe shoes. These include the instructor who currently teaches her class level, the instructor who teaches Pointe/Pre-Pointe (or another one of her instructors, if these two are the same), and one other member of our ballet staff.

## **Q: Can I register for private Pointe/Pre-Pointe classes to “speed up” pointe processes/further learning?**

A: Of course! We encourage our students to take charge of their dance education. However, privates are only available to our students currently enrolled in our semester-long classes. In order for these privates to truly reinforce what students would be learning in class, we recommend reaching out to one of our Ballet Leadership committee members for lessons. These instructors are the only private dance instructors who can speak to a student's improvements and readiness for pointe shoes at The FOA. Please inquire for contact information.

## **Q: Is there a minimum age required to be en pointe?**

A: No. There are many factors that go into considering a student for pointe shoes. While age/level of training can play a critical role in influencing these factors, we do not want to hold students back by establishing a minimum age requirement.

## **Q: I am already dancing en pointe at a different studio. Can I dance en pointe at the Foundation of Arts?**

A: Each of our requirements for pointe dancers are deliberately instituted after conversations with our Ballet Leadership Committee, our staff, local physicians, and recommendations from professional studios. Each of these requirements must be met regardless of your experience at a different studio. Given you are approved to dance en pointe at the Foundation of Arts, each new student will be required to register for a minimum of one semester of Pointe/Pre-Pointe. If you are a transferring student interested in dancing en pointe, please inquire for more information.

# EN POINTE Q&A

**Q: Are all dancers working toward dancing en pointe?**

A: No. If you are a student who is not interested in dancing en pointe, you do not have to!

**Q: Is there a Ballet level only for pointe ballerinas?**

A: Not at this time. Advanced level will have both pointe and pre-pointe dancers. Pointe class will have only dancers en pointe.

**Q: What can parents/students do outside of class to ensure ballerinas will be performing to the best of their ability in class and on stage?**

A: We know, especially in this day and age, most likely your classes here are not your only commitment. We know families are busy, and we also know the nature of our programming asks a lot from our students' support systems. However, in order for our dancers to be given the best training possible, they must treat themselves like an athlete outside of class. Meals consistently unbalanced in proteins and fiber, irregular eating habits, lack of adequate rest, over-commitment, etc. contribute immensely to a dancers' potential in class. We ask that each family encourage their students to form healthy habits that support them as a dancer and throughout their daily lives.

## FOA | INSTRUCTORS

Cori Keller	Annie Clark-Roberts	Kristi Pulliam	Maranda Nichols
Jessica Maddox	Amber Ferguson	Isabel Viala	David Mason
Oscar Quiroz	Elea Allen	Amy Faughn	Jennifer Webb
Paydon Bradley	Abi Mason	Adria Hyde	Penny Pausch
	Destinee Bradley		

## FOA | STAFF

<b>Kristi Pulliam</b> Executive & Artistic Director	<b>J.R. Lawrence</b> Technical & Facilities Director	<b>Mikel Wewers</b> Development & Operations
<b>Meridith Pierce</b> Grants & Marketing	<b>Kelly Kelley</b> Finance Manger	<b>Morgan Pruitt</b> Office Manager
<b>Emily Jenkins</b> Associate Artistic Programs	<b>Cody Duncan</b> Technical Assistant	<b>Ian Buchanan</b> Customer Service Associate

## TEACHER'S ASSISTANT PROGRAM

Students who are 12 and up have an opportunity to assist a teacher as a TAP Assistant. Students must treat their assignment as a TAP Assistant like they would if they were actually teaching the class, complete with dress code for teachers and a great attitude for every class. The teacher will evaluate the TAP Assistants at the end of each term. TAP Assistants must apply for the program and are chosen on an as needed basis.

## OBSERVING CLASSES, CAN I WATCH?

To prevent distraction & interruption, all classes are closed to parents & visitors during class time. Please respect our "closed class" policy & remember to keep noise & distraction to a minimum if you are waiting in the lobby. We will have one parent observation week each semester.